



# Parenting Strategies Workshop

Are you worried about your children?  
Are you tired of daily battles, worrying about grades, or  
dealing with defiance issues?



Join us for a Parenting Strategies Workshop where we'll review common parenting challenges and some coping skills you can use to overcome them.

## 2018 CALENDAR

*(All workshops 7:00-8:15PM)*

**August 16th**

Topic: Handling Temper Tantrums

**September 20th**

Topic: Motivation

**October 18th**

Topic: Assertiveness Skills

**November 15th**

Topic: Why friends are important

**December 20th**

Topic: Parent's Frustrations

# RSVP

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\*Free child care is available during workshops.  
Please indicate if needed in RSVP.\*